

W. B. Moses & Sons.

F and 11th Sts

The Linen Shop

Announces the Opening of Our

Annual
January White Saleon Monday Morning
January 6SEE SUNDAY PAPERS OF JANUARY 5
FOR COMPLETE DETAILS

FOOD, HEALTH, HOME AND THRIFT

HOW TO COOK ROAST MEATS IN THE HOME OVEN.

Proper Vegetable Combinations
to Serve With Meats—To
Make Good Gravies—Import-
ance of the Oven Heat—
Vegetable Curry.

Ovens can scarcely be too hot for roasts of meat during the first ten minutes of baking, because the object is to form a brown crust over the meat, which will keep the juices in. After that time the drafts should be closed and the oven brought down to a moderate heat. If the oven is not hot enough when the meat is ready to be put in, the roasting pan may be heated very hot on the top of the stove and the meat may be seared all over its surface there. Then it can safely be placed in a moderate oven. If you suspect that a beef roast is tough, rub it over with vinegar before putting it in the oven and baste with water to which a tablespoonful of vinegar has been added. To give beef a flavor when roasting, rub the surface with an onion or place an onion on top of it. A tablespoonful of sugar added to the water for basting roast beef will improve its flavor as well as give a rich brown color to the meat. Flank steak costs much less than sirloin or round, but it makes an excellent roast. Chuck roast costs less than rib roast and will make just as good a roast if the bones are removed, and the meat rolled and then roasted. A slice of fat pork under a roast and another over it will give it a fine flavor.

Sear a medium-sized roast in a tablespoonful of butter. Roll in flour and then turn the roast and coat with thick slices of potatoes, three or four large onions sliced and three

green sweet peppers cut in slices. Sprinkle all over with flour and dot with pieces of butter. Add a pint of water and bake one hour in a covered roaster. Thicken the gravy and serve it with the roast. Other ways to serve a roast are to surround with long strips of cooked macaroni, woven into a pretty shape, with hot tomato sauce poured over all, or stuff with bread filling, surrounded with rice, garnish with lemon, parsley and thin slices of cucumbers.

To Roast Veal.

When roasting veal pare some sweet and white potatoes, tuck them around it and let them cook in its juices. A handful of chopped onion and parsley chop fine and mix thoroughly as much a complement of roast veal as mint is of spring lamb. To give a delicious flavor to lamb that is to be eaten cold, add one teaspoonful of cloves and two sticks of cinnamon to the water in which it is boiled. If the lamb is to be roasted, boil the cloves and cinnamon in water and baste the lamb with it.

Roast the beef from a nice leg of mutton and fill the cavity with dressing made as follows: Three ounces of butter, two ounces of chopped bacon, six ounces of bread crumbs, three hard-boiled eggs and two medium-sized onions. Season with a little salt, pepper, sage, celery and parsley. Chop fine and mix thoroughly and if too dry moisten with milk. Stuff and sew up neatly. Place in a moderately hot oven and bake three hours. Add half a cup of water and baste frequently. If a piece of roast is to be served cold, wrap it in a cheesecloth while it is hot. This will prevent it from drying out and losing flavor.

Season a pork roast with salt, pepper and garlic. Place in a casserole and roast until medium done. Dust with browned flour. Add a quart of stock. Keep hot in the oven. The day before planning to make the dish boil a dozen medium-sized potatoes in their jackets, drain and dry on a paper. Peel and grate each potato, together with a stale loaf of wheat bread. The

mass must be light and flaky. Season with a generous pinch of paprika or half a teaspoonful of paprika, one of black pepper, a dash of ground cloves and two or three saltspoonfuls of salt. Mix well. Strip three sprigs of dried sweet marjoram, chop sprigs of thyme and one sprig of sage. Pulverize and work well into the mass. Peel six onions, chop fine and brown in three tablespoonfuls of butter, pour over the mass. Add three eggs and three handfuls of flour and work the whole like bread dough. Form into a round loaf and bake in a moderate oven for two hours more. To garnish, stew six or eight apples, sweeten and put through a ricer or sieve. Dissolve a package of gelatin in a little cold water, add one-half cup of hot water and stir into the apple sauce. This can be turned into any shaped molds to harden or into a large, flat dish and cut out with a cookie cutter. Arrange on the meat platter when ready to serve.

Pork Tenderloin.

Split pork tenderloin lengthwise on the side, put a layer of dressing between the two pieces and then bind or sew them together. Cut a small carrot and a small onion in pieces and place them in the cavity of the tenderloin. Peel Irish potatoes of small, uniform size and lay them around the outside of the pan. Put a quart of water in the pan, add salt and butter. Season well and when done make a gravy in the pan with milk instead of water and thicken it with flour. Boil five minutes and then pour around the meat. You may serve with perfect potatoes if you wish, which are made by paring the potatoes and running them across the perforated slices in hot hard.

If you have spareribs of the kind

from which most of the meat has been cut, they must be cut across the middle, rubbed on both sides with powdered sage, well seasoned with salt and pepper and baked in a hot oven until the ends of the bones begin to brown and the meat remaining on the bones begins to brown as well. They must be very hot. Another sparerib roast is one that is cut from the ribs with all the meat left on. The ribs should be cut through from the thick side. Wipe the roast with a clean cloth on both sides, then have a good handful of sage seasoned with pepper and salt, rub in all the meat with take and sprinkle over the whole a little flour. Put in a dripping pan with half a cup of boiling water. Bake in a hot oven until the inner meat is perfectly white and there is a rich brown crust over the whole. Leave with the drippings in the pan. After taking the meat out of the pan, add a little more hot water and stir in mixed flour until you have a smooth, rich gravy. Twenty minutes to the pound is the rule for the time of cooking, but the brownness of the gravy will indicate when it is done.

To keep gravy free from lumps when roasting meat, dip up a few spoonfuls of the fat, add some flour to it and stir until smooth. Then add a little cold water and stir the whole into the gravy to thicken. You will not have to strain it. To give a delicious flavor and a dark, rich appearance, add a couple of tablespoonfuls of coffee just before removing from the stove.

A Peanut Gravy.

Peanut gravy for a roast is not common. Cream two tablespoonfuls of peanut butter with a small quantity of water, stir into this one tablespoonful of browned flour and a piece of butter about a quarter as large as an egg; add boiling water until the mixture is about the consistency of thick cream. Cook three minutes. To brown flour, spread it two or three inches deep in a bread pan,

keep in a slow oven for one or more hours, stir occasionally until as hot as the hand can bear, sift and pack into empty fruit jars for future use. When ready to use stir as much as needed into cold water or milk. It will require one minute to cook. A supply of browned sugar is a good thing to keep on hand also. Take some granulated sugar and put it in a pan over a slow fire, and brown until it is scorched good, stirring constantly. The scorching takes away the sweet taste. Add a teaspoonful to a quart of gravy.

White gravy is made as follows: Melt some butter in a saucepan without browning it and blend with it a quantity of white flour. Season with white pepper and salt. Cook the flour thoroughly until you think it is done and add a little water to mix the ingredients, then milk or cream. Cook until it forms a thick heavy, stiff from lumps, perfectly white and rich.

Vegetable Curry.

Take five ounces of butter and chop fine four medium-sized onions. Melt the butter and cook the onions in it until they are a deep brown. Place on a saucer in the oven a tablespoonful of curry powder and leave it for ten minutes, then mix smooth with a little milk or cream. Add to the onion mixture and cook gently for two hours at least, stirring occasionally. Cut into meat squares a small vegetable marrow, a cucumber, one apple, two tomatoes and some string beans, all of which have been cooked. Place in the curry mixture and cook for thirty minutes. Serve very hot with rice or ice cold. Almost any left-over vegetables may be used in this curry.

Mixed Vegetables.

Two cups of browned bread crumbs, one cup of peanut butter, a small onion chopped fine, a cup of mashed potato, a dash of sage and savory, two eggs and salt to taste. Beat the eggs, mix all the ingredients together, form into a roll and bake slowly for one hour. Serve hot or cold.

Sour apple sauce, boiled onions, potatoes and vegetable salad go well with roast spareribs; apple sauce, hominy, cold slaw and baked pumpkin with fresh pork; fried apples, mashed potatoes and squash with pork chops; fried apples, lima beans and baked sweet potatoes with roast young pig; apple sauce, cold slaw and candied sweet potatoes with cold roast pork.

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Tasty Teas for every Taste

Why Banquet Tea is Vacuum Cleaned—

All tea as imported, carries with it a certain amount of dust, small broken leaves, etc.

Rather than pack it in this condition, all tea sold under the BANQUET Brand is subject to a vacuum cleaning treatment.

With fresh, sweet currents of air every particle of dust and other foreign matter is removed, after which the tea is packed in the handy BANQUET package.

Why purchase ordinary tea—or loose tea which collect dust and absorb foreign odors—when vacuum cleaned BANQUET package Tea costs no more?

Get it from your grocer. It is sold in pounds, halves and quarters.

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Travers
314 Seventh St. N.W.

TOMORROW WE START OUR SEMI-ANNUAL CLEARANCE SALE OF WOMEN'S HIGH BOOTS

EVERY SHOE IN THE HOUSE REGARDLESS OF FORMER PRICES

REDUCED AT \$4.89

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WE HAVE DIVIDED THE ENTIRE STOCK INTO 3 GROUPS

This sale stands out partly because of the quantities, more because each pair of shoes was made to retail at a much higher price. Than these sale prices, but chiefly because these shoes are all THIS SEASON'S styles from our regular lines TO REDUCE STOCKS FOR A QUICK CLEARANCE

WAR DEPARTMENT AND BUREAU OF INSURANCE, HOUSE TARGETS

Delay in Paying Soldiers, Inefficiency and Incompetency Charged by Republicans
Mann, Madden and Green.

There was a barrage fire of criticism directed against the War Department and the bureau of war risk insurance in the House yesterday.

Minority Leader James R. Mann, Representative Martin B. Madden of Illinois and Representative Green of Iowa, all republicans, were the principal critics during general debate on the rivers and harbors bill.

Representative Mann censured the war risk insurance bureau and the War Department for delay in paying soldiers and in dispensing allotments to dependents. Without naming any one, Mr. Mann said much of the trouble was due to the ignorance of department officials and employees, and that "Secretary Baker ought to wring the neck of some until they find out how to work."

Letters as Evidence.

Representative Mann introduced a number of letters complaining against the alleged remissness and neglect of the department in the case of a resident of Izetta Jewel, popular as an actress in this city several years ago, as follows:

"My Dear Sir: I note the talk in Congress of soldiers' pay and allotments."

"Here is a case in our own family: Private William A. Mason, Company E, 30th United States Infantry, American Expeditionary Forces, has been abroad nearly a year. He made an allotment to his mother-in-law, a poor woman, to take care of his baby not yet a year old. His wife died at his birth. This mother has never received a cent of the allotment, and we have been helping to take care of her and the baby, as she is very poor. I have another similar case, but have mislaid his name and address. Something should be done about this case. I know of several others. Very respectfully,"

"MRS. JEWELL KENNEDY"

"That letter is from the mother of the widow of former Representative Brown of West Virginia," said Mr. Mann.

Given Vigorous Applause.

Representative Mann was vigorously applauded when he said:

"What is the matter? First, the War Department neglects to pay the soldiers, it neglects to pay the allotments, it loses the papers of the soldiers, then, when asked if it could not possibly, under the most distressing circumstances, let a man out of the Army who is no longer needed, we have the reply that they have not got the time to think about it—to go to the dickens."

"It is the most impudent method and assumption that I know of in the government service. They deserve a flogging, and every member here ought to give it to them. Something is the matter."

"I do not know whether it is the Regular Army or some one connected with the Secretary's office, but I do know that the men, who risk their lives abroad and their families' want at home, who are willing to remain on the fighting line as long as may be necessary, ought to be treated with some sort of common decency."

"If they would spend more time up there at the War Department doing things, instead of telling people that they could not do them, they would accomplish a great deal more. It is being accomplished now. About half of these departments are putting in their time finding reasons for not doing something."

"Give me the man in any branch of the government who finds a way to do something, instead of occupying his time in finding a way not to do it. Secretary Baker ought to take some of these men up there and wring their necks until they find out how to work."

Has Urged Discharges.

Attack on the bureau of war risk insurance and on the use of government automobiles by young officers was made by Representative Madden, who declared the bureau "is a stretch for every man who has had anything to do with it." Expressing the opinion that the new director would remedy conditions, Mr. Madden said he had written him, urging the discharge of employees "so they will not be in each other's way and can work."

Army and Navy officers detailed for service in Washington bureaus were charged with inefficiency and incompetency by Representative Madden.

"Five government-owned automobiles, with five soldier drivers," he said, "were waiting at 10 o'clock this morning before our apartment house in this city to take officers to their important duties at the departments, but their duties were not so important enough to get them out of the nest until after 10 a.m."

Policy Is Criticized.

An attack on the War Department for keeping a large army in Europe

was made by Representative Green of Iowa, republican, who declared the department's policy "simply conscription in time of peace." He urged the passage of his bill directing that an army of occupation should be raised among the troops in Europe by voluntary enlistment.

"Every man who makes shows that it is the intention to keep a great army in Europe for an indefinite period," Mr. Green said. "The War Department has the power, but it has no right to detain indefinitely these drafted men. They were not drafted for the purpose of maintaining an army in Europe after peace has been declared or even after it has been settled."

FRANCES VAUGHAN FOUND AT GRANDMOTHER'S HOME

Fifteen-Year-Old High School Girl, Missing From Washington, Had Been at Lynn.

Frances Vaughan, fifteen-year-old high school girl, who disappeared from her home, at 906 I street, six weeks ago, has returned home. She was brought from Lynn, Mass., yesterday by J. W. Brownell, her stepfather, and her mother. She was found at the home of her grandmother.

During the Christmas holidays the missing girl obtained a position at a lace counter in a department store at Lynn, where her work was so satisfactory that she was transferred to the art department. She now hopes to find a position in an art store in this city.

The girl said she left home because she was tired of going to school. Her disappearance caused her mother much anxiety. In her search she went as far south as Tennessee, her former home.

CLASSES GUIDED BY PEACE.

New Educational Program Adopted for Camps About Capital.

An entirely new educational program adapted to peace-time requirements, with lecture courses supplementing class work, has been introduced in all camps in the vicinity of Washington. These lecture series center about two general subjects—moral and vocational education.

Two of the lecturers are Arthur Dunn of education, and Maj. Robert Watson, pastor of Scotch Presbyterian Church, in New York. Mr. Dunn is giving four talks in each camp on "The Community and the Citizen." Maj. Watson is delivering lectures on the following subjects: "How We Should Treat Our Enemies," "Our Relations With Our Allies," and "Our Relations To Our Country."

J. M. STODDARD'S FUNERAL.

Services for Head of Auto Firm Today—Interment in Vermont.

Funeral services for Joseph M. Stoddard, president of the C. & E. Stoddard Company, who died at his home, 1912 R street, early Wednesday morning, were held at his home at 2 o'clock this afternoon. Interment will be at Rutland, Vt.

Mr. Stoddard's death came as a result of overwork in the united war work campaign early in November. On November 9, after having completed preparations and made all arrangements for the publicity of the drive, he was ordered to French Lick by his physician, having suffered a mental and nervous breakdown. Later he traveled south for his health but did not improve.

Bill to Hurry Discharges.

Representative Bankhead of Alabama has introduced a bill authorizing the immediate honorable discharge of drafted or enlisted soldiers who are needed to support dependents or who wish to complete their education. The bill would engage in agriculture.

LITTLE STORIES FOR BEDTIME

By THORNTON W. BURGESS.
(Copyright, 1919, by T. W. Burgess.)

Why Old Man Coyote Was Patient.

Of all the people who wear fur coats none is more clever than Old Man Coyote. Old Man Coyote has a ways live by his wits, just as did his father before him, and his father's father, and his father's father's father, and so on "way back to the first of the Coyotes. The more wits are used the sharper they grow, and this is the reason that of all people in fur none is more clever than Old Man Coyote.

Now wouldn't you suppose that as soon as he saw that Black Pussy was safe up in the tree he would have given up hope of catching her? He couldn't climb the tree himself. Of course, not. Old Man Coyote's claws are not made for climbing, so it looked as if he had had a chance in the world of catching Black Pussy, for he is smart enough to know that Black Pussy certainly wouldn't come down out of that tree of her own accord until she was absolutely sure that the wits was clear.

But Old Man Coyote had discovered something which Black Pussy herself did not know. You see, Black Pussy was not interested in the top of the tree. Her eyes were fixed on Old Man Coyote down below, and she had no thought of anything or anybody else. But Old Man Coyote, looking up, saw something above Black Pussy which made him grin more than ever. What he saw was a funny-looking fellow close up to the trunk of the tree near its top, gnawing away for all he was worth. Who do you think that funny fellow was? Can you guess? It was Prickly Porky the Porcupine.

"Ah," said Old Man Coyote to himself. "Aha! I think I'll stay a while. Prickly Porky is a queer fellow and the most independent chap I know of. He will do just whatever he takes a notion to do, and no one can tell what that will be. He will wait down at the bottom of that tree any minute, and if he does something is going to happen. He will wait down at the bottom of that tree any minute, and if he does something is going to happen. He will wait down at the bottom of that tree any minute, and if he does something is going to happen."

So Old Man Coyote went off far enough to make Black Pussy think she had a chance. At least that is what he hoped she would think. There he squatted down to watch and wait. Meanwhile Black Pussy crouched in the tree and above her Prickly Porky continued to strip off the bark of the tree and chew it in his slow, easy-going fashion quite unconscious of what was going on below him.

Would Thank Protective League.

Thanks of Congress to the American Protective League for services to the government during the war are proposed in a resolution introduced by Representative Warren Gard of Ohio.

Extra good
Uncle Jerry
Pancake Flour

The powdered flour, milk in the flour makes the cakes so light, tender and delicious. Ask for the Yellow package.

AFTER THE GRIP, or in convalescence from pneumonia, fevers or other debilitating diseases, your quickest way to get flesh and strength is with Dr. Pierce's Golden Medical Discovery. That gives purity to your blood, plumpness to your body, and puts every function into perfect working order. It makes thoroughly effective every natural means of repairing and nourishing your system. For pale, puny, scrofulous children nothing approaches it. It builds up completely the flesh, their strength and their health.

In the most stubborn Scrofulous, Skin or Scalp Diseases, Eczema, Salt-rheum and every kindred ailment it effects wonderful cures. Contains no alcohol or harmful drugs. In tablet or liquid form, Tablets, 60c.

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Sealdsweet grapefruit three times a day

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"Grapefruit most valuable of the fruits"
states widely-known stomach specialist

Dr. William Gerry Morgan, widely-known stomach specialist of Washington, said in an interview: "Grapefruit is the most valuable of all the fruits for the great majority of people. If properly eaten, grapefruit will ultimately reduce the acid contents of the stomach."

Good dealers sell Sealdsweet grapefruit and give away Kitchen Calendar & Chart

Most good fruit dealers sell Sealdsweet grapefruit. Yours can supply you and will if you insist that he do so. Ask your dealer for Sealdsweet Kitchen Calendar and Chart, and if he doesn't supply it, write us for one.

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Uncle Jerry
Pancake Flour

The powdered flour, milk in the flour makes the cakes so light, tender and delicious. Ask for the Yellow package.

Sealdsweet

Sealdsweet oranges are the real thing—by buy them also and enjoy their juicy sweetness and delicious flavor.